

ACTON SENIOR CITIZEN NEWS

SENIOR CENTER: 978-264-9643

April 2004

The COA Office/Senior Center is open weekdays 8 AM-5 PM.

The mailing address for the COA is: Town Hall, 472 Main St., Acton, MA 01720

The Acton Council on Aging Board will meet on Wednesday, April 14th, at 4:30 at the Senior Center, 50 Audubon Drive, S. Acton. All are welcome.

Town Meeting Begins on April 5th

As required by Town Bylaw, the Annual Town Meeting will officially begin April 5th. However, in recognition of religious observances, the Board of Selectman and the Moderator have agreed to have the Town Meeting called to order at 7:00 p.m. on April 5th, and immediately move to adjourn the meeting to Wednesday, April 7th at 7:00 p.m. At that time the business of Town Meeting will proceed.

Don't forget: Annual Town Election will be held on Tuesday, March 30th.

Sr. Real Estate Tax Relief Program Monday, May 3rd, at 1:00 p.m.

On Monday, May 3rd Senator Pam Resor, State Representatives Jamie Eldridge and Cory Atkins will present current and future programs that are being considered at the state level in an effort to offer real estate tax relief to Massachusetts senior citizens. Please plan on attending this informative and important presentation. **Call the COA at (978) 264-9643 to reserve a seat. We are hoping for a large turnout; invite a friend!**

Medicare Drug Discount Cards Tuesday, April 13th at 12:45 p.m.

Ruthann Covino of Minuteman Senior Services will present information about the new Medicare Drug Discount cards which will be available in May. Details will include what the cards cover, how much they cost and how they work. Eligibility for the cards and assistance for low-income individuals will be discussed. **Call the COA to reserve a seat at (978) 264-9643.**

Acton Council on Aging Van

Did you know that Acton has door to door transportation for Acton Seniors (60+) and younger disabled residents? Our handicapped accessible van travels within Acton, Concord and Maynard.

The van is available for many purposes: shopping, medical appointments, visiting family and friends, luncheon dates, getting to work and volunteer locations, getting you to and from the senior center programs, classes, health clinics and lunch!

We try to be flexible and will do our best to help you reach your destination within your desired schedule. We do ask that you **please call with your transportation requests between 8:00 and 12:00 Monday through Friday, and at least 24 hours in advance.**

One way fares within Acton \$1.00; \$1.50 each way to Concord or Maynard. If this presents any difficulty, please contact us. **To schedule the van, please call (978) 264-9651.**

Thanks to the Acton Lions Club!

What do you get with 130 lbs. of potatoes, carrots, turnips and cabbage, 120 lbs. of corned beef, 30 loaves of Irish Soda bread, 12 Boston Crème Pies, 120 Acton and Boxborough Seniors and five great Irish Step Dancing students? The Acton Lions Club served up a wonderful St. Patrick's Day meal on Sunday, March 21st at the Acton Senior Center. This annual gift is always fun and greatly appreciated!

The Lions Club recently replaced the aging VHS player in the Senior Center living room with a DVD/VHS player making our movie showing much more enjoyable. **Thank you!**

SUNDAY, APRIL 4TH

Time to change your clocks, put new batteries in your smoke detectors and update your File of Life cards!

MINUTEMAN MEAL SITE

Minuteman Lunch is served Monday through Thursday at 11:45 a.m. Requested donation is \$2.00. To sign up for lunch, call 978-263-5053 by 11:00 the day before you wish to come. (Call the COA at 978-264-9651 for transportation.) **If you are unable to come, please call to cancel your meal.** The **April Birthday Lunch** will take place on **Wednesday, April 14th**. If your birthday is in **April**, please come for a complimentary lunch.

Peg Mikkola

Thursday, April 22nd at 11:15 a.m.

People take supplements of vitamins D and E and are frequently told to limit vitamin A and K. Where are these fat soluble vitamins found in our diets and what are the amounts recommended and benefits of them? Join us!

Men's Breakfast

Friday, April 2nd, 9:00 a.m.

Just back from Spring Training, our own George Sullivan will entertain us with baseball and sports talk!

*Please call the COA office by **Wednesday, March 31st**, for a reservation; \$2.00 donation.*

Ladies Lunch!

Friday, April 2nd, at 11:30 a.m.

This month we will be entertained with stories and truths about local teams and athletes as recounted by sports author and enthusiast George Sullivan. Enjoy homemade soup, dessert, coffee and tea along with your sandwich from home, if you would like! Please call the COA office by **Wednesday, March 31st** to reserve a spot. Donation - \$1.50 please.

Friendly Visitors Spring Party

Tuesday April 20 1-2:30

We will be "planting" spring silk flower baskets and enjoying some refreshments in the Senior Center living room. Invitations will be sent.

RSVP to Carol at (978) 264-9643.

We are celebrating the tenth anniversary of the opening of the Acton Senior Center on **Sunday, April 4th from 2:00 – 4:00 p.m.** See the enclosed purple invitation for more information.

ASK THE LAWYER

Attorney Leslie Madge, a certified Elder-Law Attorney, offers **20-minute** private legal **consultations** at no charge to Acton seniors. She will next be in the Senior Center on **Monday, April 26th, from 1:00-3:00 p.m.**

Call the COA to schedule a consultation.

How to Order Medicare Publications

There are several ways to order publications:

1. Call 1-800-MEDICARE, or 1-800-633-4227.
 2. Fax your order for a specific Medicare publication to (410) 786-1905 and include your complete mailing address, phone number and quantity of publications needed, as well as preferred format (Braille, audiotape, large or regular print).
 3. Order Medicare publications through <http://www.medicare.gov/> and click on "Publications". You can order one copy of a particular publication by filling in the online order blank, or download your publication selection to your printer.
 4. Order Medicare publications as a CMS publications mailing list customer by going to <http://cms.fu.com/maillinglist> (no "www"). New subscribers can access this convenient online publications ordering service using a first-time account setup password: CMS9.
- New publications include:
- Medicare Basics-A Guide for Caregivers
 - Medicare Coverage for Ambulance Services
 - Medicare Coverage outside the U.S.

Widows and Widowers

Friday, April 2nd, 1:30- 3:00

Recent widows and widowers are welcome to attend our informal group. Group members share experiences on losing a partner of many years and how to cope with all of the changes.

Co-leaders are Carol Steiner and Steve Baran. Please call the COA if you have any questions about the group or would like to join us.

EXERCISE PROGRAMS

*******Spring Aerobics Registration*******

Please call the COA to register for the following classes.

Check calendar for days the Center is closed.

MONDAYS: "Stretch and Flex" with Terri Zaborowski

Mondays from 8:45-9:45. Next session runs from March 29th to May 24th; full, waitlist only. Start with a gentle exercise program and then progress to easy weight training with Therabands.

AEROBICS with Terri Zaborowski-

The next session begins the week of April 19th. Please call the COA office to sign up.

Senior Cardio-Flex:

Tuesday & Thursday from 9:00-10:00 or Wednesday & Friday from 9:00-10:00 –

Warm-up and stretch, aerobics and muscle conditioning then cool down segment.

Beginner to Intermediate Stretch-Flex:

Tuesday & Thursday from 10:15-11:15

Same as above, but at a lower-impact level.

FRIDAY T'AI CHI with Lynne Potts:

Intermediate/Advanced 11:00 a.m.–12:00.

Starts Friday, April 23rd and runs through Friday, May 28th. T'ai Chi is an ancient martial art whose movements are practiced in a slow and deliberate manner. Class is for Lynn's prior students. This will be Lynne's last semester at the Acton COA so let's give her a big turnout!

The Council on Aging and
Acton Senior Center will be closed:
Patriots Day, Monday, April 19th

COA GROUPS AND CLASSES

MONDAYS – Bridge Class – This session of classes runs through March 29th; 10:00-12:00 each Monday for class and continuous play. The next session runs from May 3rd through June 28th; please call the COA office to register. Drop-in bridge from April 5th through April 26th; 10:00-12:00.

Choral Singing – Monday, April 5th at 12:45. We sing for FUN and have a great pianist and song leader. Join us!

MONDAYS AND FRIDAYS - POKER: 1:00; new players welcome! No Poker during Monday "One Stroke" painting classes.

MONDAY - Book Group: The Group will meet on April 26th at 1:00 to discuss "At Home in Mitford" by Jan Karon. Even though the book is about a preacher, it is not preachy! Copies may be available at the Acton Memorial Library. Consider bringing a friend! All are welcome at any gathering of "The Bookies".

TUESDAY – Watercolor with Sue Nordhausen from 1:30 to 3:00 p.m.; through April 20th.

WEDNESDAYS – Watercolor with Cynthia Durost– from 9:00 to 10:30 a.m. Please call to register for the next session which runs from April 7th through May 12th.

✧Acton Senior Quilters✧

WEDNESDAYS, 10:15 to Noon: Self-directed quilting group meets to work on various projects. Quilters of all levels are welcome.

Ping-Pong/Pool: every day after 12:30. We are always looking for new players! Please check COA calendar for schedule conflicts in the dining room.

Knit & Crochet: Join us at 12:30 on Wednesday, April 7th and 21st, as we welcome beginners and experts. You may work on your own project or choose to make a lap-gan to be donated to area nursing homes.

Line Dancing with Diane Starr

Thursdays from 1:00-2:00

Come join Diane as she brings together fun dance steps, music and a bright spirit to get the group moving! Classes start on Thursday, April 29th and run through June 17th.

Gardening Group, Herb Meeting

Tuesday, April 27th at 1:00 p.m.

Bring your ideas and experience while we delve into herbs and herb gardening!

Russell's Garden Center

Thursday, April 15th, 2004 at 1:00 p.m.

Calling all gardeners! In an effort to welcome spring join us at Russell's in Wayland for a **free seed starting and seedling dividing program**. You may choose to plant herbs, vegetables or annuals in either flats or pots under the direction of professional gardener Marie Winter. Driving is on your own but please call the COA office at (978) 264-9643 to reserve a space and to let us know if you would like to carpool from the Center.

NEW PROGRAM OFFERINGS!

Memoirs Writing Group

Join this new group as we meet with **Jill Braceland of "Managing Change"** who will lead us through the mechanics of writing down our life stories. Ms. Braceland will join the group for the first three meetings to help it get off the ground and determine a structure that will keep it strong for the future. She will work with and guide us in memoir writing and grandparent journaling. The first three sessions will take place on **Wednesdays, March 31st, April 7th and April 14th from 1:00-2:30** and the group will move forward on a schedule it agrees upon. **Please call the COA office to register** for this terrific new opportunity!

"Afternoon at the Opera"

The spring classes on **Giuseppe Verdi** will include four domestic dramas of Verdi's middle career; *Stiffelio*, *Rigoletto*, *Il Trovatore* and *La Traviata*. Come and enjoy these **four workshops on April 6th, 8th, 20th and 22nd from 1:00-3:30 p.m.** Instructor **Martin Segal**. **Class is limited to 20 students and is currently full but please call the COA office to put your name on the waitlist.**

Sheriff's Department Program

Wednesday, April 21st at 1:00 p.m.

The Middlesex Sheriff's Crime Prevention Unit Commander, Captain Daniel J. Moore, will be speaking to Acton and Boxborough residents about the Sheriff's Office Community Service Projects, volunteer programs and safety information relating to seniors and their daily routines. Please plan on joining this informative program at the **Senior Center on Wednesday, April 21st at 1:00.**

The Police Academy Returns!

The Police Academy returns for an eight-week session designed to educate and inform citizens about the inner workings of our police department as well as the legal and judicial systems. Classes run from **Wednesday, April 28th through Wednesday, June 16th, 1:00 –3:00 p.m.** Please call the COA office to **sign up** for this very popular program!

Spring Computer Classes

Computer classes begin the week of **April 26th** and run for six weeks through early June. Whether you are a beginner, intermediate, advanced, PC or Mac user, we have the program for you. Most classes are held one on one and are designed to your particular needs. If you anticipate missing 2 or more classes, please consider registering for a future session. Classes are offered spring and fall.

All students must fill out a new registration form available at the COA office.

A \$15.00 administrative fee for the 6 classes is requested. Please contact Jean Fleming for scholarship assistance.

Registration deadline is April 9th. The kick-off meeting for all registered participants will be held on **Friday, April 16th, 10:30-11:30**, in the COA living room. If you are unable to attend this important meeting, please let us know when you register.

Learn to Search the Library's Online Catalog

On **Thursday, April 15th and 22nd**, staff from the Acton Memorial Library will be offering workshops in the Council on Aging computer lab on how to search the library's online catalog. During the workshops participants will learn how to search the catalog by author, title, subject and keyword, how to place requests for materials, and how to check their library account online. A session for people with prior **computer experience will be offered on April 15th and again on April 22nd from 12:30 – 1:30.**

Students with little or no prior computer experience may attend a workshop on April 15th or April 22nd from 2:00-3:00. Please call the COA to register at (978) 264-9643.

Genealogy Group

The Group will meet on **Friday, April 16th at 1:30 p.m.** Instructor Suzanne Richardson will be returning with great information and there may be a field trip along the way. Please join this inquisitive group in the Senior Center living room. **Meeting dates: April 16th and 30th; May 14th and 28th and June 11th and 25th.**

Volunteer Spotlight

Volunteer Spotlight is randomly drawn from over 175 volunteers.
For April we celebrate:

Frank Newcomb

We offer a few **volunteer drivers** to take people to places our van doesn't service or where a driver would be the only reasonable way to go.

Frank joined our illustrious group of volunteers about a year ago soon after his wife Teddy passed. Frank has lived in Acton for about 30 years. He and his wife raised 2 sons; one lives in Acton and one in New Jersey. He retired from being District Sales Manager for Georgia Pacific Paper Co. in 1990 and then picked part-time jobs including driving the Concord COA van for 10 years and doing those product demonstrations you see in the grocery stores. Frank has a musical passion for jazz and enjoys sharing it whenever he can. Besides the driving he does for us, Frank volunteers at Life Care of Nashoba Valley and answers our phones at the COA on Tuesday afternoons. A "can do" kind of guy, Frank often answers a driving request with the words, "Don't worry about it, I'll take care of it." And then he DOES! Join us in saying: **Thanks Frank!**

Lots of COA Volunteer Opportunities:

<i>Wheel-A-Meal Drivers</i>	<i>Friendly Visitors</i>
<i>Computer Teachers</i>	<i>Group Leaders</i>
<i>Handymen</i>	<i>Office Support</i>
<i>Ladies Lunch Corps</i>	<i>Newsletter Mailers</i>
<i>Quilters & Knitters</i>	<i>AND MORE!</i>

Call Carol Steiner at the Council on Aging with questions and/or to volunteer.

Spring Storm Window/Door Changeover May 20th – 23rd:

Our very helpful handypeople offer a weekend to change your window and door storms to screens (nothing on ladders please). **No A/C installation at this time.** Please call the COA to place your name, address, phone number and date preference on our list and the Handy People will contact you with a time.

This well-used volunteer service should not take the place of hiring professional help for the multitude of jobs needed to set up a new household. We hope to suggest resources to help you find the help you need. Always check references before hiring any in home services.

SMOC Fuel Assistance

Need help paying your heating bill?

New applications for fuel assistance for 2003/2004 are being taken **through May 14th**. If your yearly gross household income falls within the limits below, you may qualify for fuel assistance and discounts on utility and telephone bills.

Household size	Max-yearly income
1	\$ 17,960
2	\$ 24,240

(Call Carol Steiner for income guidelines for larger families or more information.)

Citizens Energy Oil Heat Program and Salvation Energy Good Neighbor Energy Program are closed for this year.

As in any year, please contact your fuel supplier to obtain information about low cost/reduced cost fuel and weatherization programs.

The Friends of the Council on Aging manage an **Emergency Fuel Assistance Fund**; contact Jean Fleming at the COA for information.

ACTON HANDYMAN PROGRAM

The Acton Handyman Program, staffed **entirely by volunteers**, is designed to help Acton senior residents with **small** repairs and **simple** household jobs. Some jobs we can handle are:

- Glue loose handrails, chair legs, etc.
- Light bulb/smoke detector battery replacement
- Tacking down loose carpet for safety
- Unsticking doors and windows
- Basic carpentry
- Mattress flipping
- Simple computer, TV, VCR, DVD connections
- And more!

Call the COA to request Handyman service.

Cancer Awareness Day will be held at Emerson Hospital on Saturday, May 1st, from 9:00 a.m. to 1:30 p.m. in the Bethke Cancer Center. There will be numerous free health screenings. To register for the skin cancer, PSA and cholesterol screening or for more information, **please call (978) 287-3237.**

“Aging Outrageously and Courageously”

**Dr. Ruth Harriet Jacobs
Tuesday, May 4th at 1:00**

Dr. Ruth Harriet Jacobs, Ph.D., author of “Be an Outrageous Older Woman”, “Button, Button, Who Has The Button?”, “Women Who Touched My Life” and “ABC’s Of Aging” will present her program “Aging Outrageously and Courageously” at the Senior Center on **Tuesday, May 4th at 1:00 p.m.** The doctor’s humorous, informative and helpful advice is for both men and women. Dr. Jacobs will also have her books available for sale and signing. **Please do call to reserve a spot.** Why not enjoy lunch in the dining room beforehand? Call the COA office to reserve a spot for this hit program, and the Minuteman Meal-site to make a luncheon reservation. Don’t miss this wonderful and entertaining program!

Health Insurance Counseling/SHINE
The SHINE Program assists seniors with their health insurance and prescription drug concerns and is administered by Minuteman Senior Services.

Please call the Acton Council on Aging office at (978) 264-9643 with your requests for this service and we will relay your information to the SHINE counselor for Acton, **Maryjane Costello. Maryjane will return your calls on Monday of each week**, unless it is critical that you speak with her sooner.

Pharmacies Begin Accepting Medicare Assignment on Diabetic Supplies

Walgreen’s has announced that they will now accept Medicare assignment for diabetic supplies. Some CVS pharmacies are also accepting assignment. Customers should inquire at their local pharmacy to find out if that pharmacy does accept assignment and what items are covered.

The **Veteran Homestead Medical Van** is at Acton Town Hall on **the fourth Wednesday of the month, 10 a.m. to 3 p.m.** for health screenings and to address other health concerns.

SENIOR CENTER CLINICS

Hearing: Thursday, April 8th, 1-3 p.m. at the Senior Center. Fred Gerulskis conducts hearing tests, checks hearing aids and makes some repairs. Free. **Please call** to register.

Podiatry Clinic: Friday, April 2nd; 8-10:00.

Sponsored by the Acton Nursing Service. There is a charge of **\$20.00***. The purpose of the clinics is to provide podiatry services that are not covered by insurance. Dr. Teresa Burtoft, DPM, provides basic services such as evaluation and nail clipping. *This clinic is funded by the Friends of the Acton Nursing Service. Fee can be waived in case of financial hardship.

Call 978-264-9653 for an appointment for Podiatry and Cholesterol Clinics.

Cholesterol Screening: The next clinic will be held in July. Please call the **Nursing Service at 978-264-9653** if any questions. Fee \$10.00
Blood Pressure: Tuesday, April 13th, between 9 and 11 a.m. The Acton Public Nursing Service sponsors free monthly blood pressure clinics at the Senior Center. No appointment is necessary.

AARP Free Tax Preparation

There are still a few appointments left at the Senior Center site for tax preparation assistance by the AARP volunteer tax preparers. The last scheduled appointment will be on Monday, April 5th. It is very important that you bring all required tax forms and schedules for 2003 as well as a copy of your 2002 tax returns. Please call our office now (978) 264-9643 to schedule your appointment!

Remember to apply for the Circuit Breaker (State) Tax Credit if you are eligible! Eligible taxpayers must be 65 or older and own or rent residential property in MA as their primary residence. Taxpayer’s “total income” cannot exceed \$43,000 for single filer who is not head of household, \$54,000 for head of household, or \$64,000 for taxpayers filing jointly. Assessed valuation of primary residence, before exemptions but after abatements, cannot exceed \$432,000. Eligible taxpayers must file a completed schedule CD with their state tax return, even if they don’t owe any taxes. For further information, contact DOR at 1-800-392-6089 or www.mass.gov/dor.

The Town of Acton Encourages Applications for Exemptions

The Community Preservation Act (CPA) has been adopted by voters. Two exemptions to the CPA Property Tax Surcharge are available.

First Exemption: Requires no application and exempts the first \$100,000 of assessed property value.

Second Exemption: Requires an application to be filed annually.

A complete exemption to the CPA surcharge is available for:

- 1) a couple, both 60+, with combined income of less than \$59,360.
- 2) a senior, 60+, living alone with an annual income less than \$51,940.
- 3) a low income family of four earning less than \$59,360.

Forms are available at the Assessor's Office, Libraries and the Council on Aging. The application is kept completely confidential. Staff from the Assessor's Office are glad to meet with you privately to complete the application. **For additional information, please call the Acton Finance Department at (978) 264-9622.**

Senior Cinema: Thursdays at 12:45 p.m.
Thursday, April 1st: "Something's Gotta Give" – Jack Nicholson and Diane Keaton star in this witty comedy about a middle-aged man who always falls for younger women. New release and "feel-good" story.

Thursday, April 15th: "Sylvia" – A passionate and compelling love story stars Gwyneth Paltrow as legendary American author and poet Sylvia Plath. New release.

Thursday, April 29th: "Master and Commander" – Set in 1806, starring Russell Crowe as he sails his ship toward Cape Horn in pursuit of a French frigate.

Movie Mania Returns!

On **Friday, April 9th**, join us for two great movies! At **10:30** we will show "**Mona Lisa Smile**" starring Julia Roberts. A funny, inspiring film about an art history professor with a lot to teach, and learn, about life, and at **1:00** "**House of Sand and Fog**", one of the year's best films. Please call the COA office to reserve your space and order your pizza!

Caregivers' Support Group

A general support group for all caregivers in the area meets at **Concord Park Assisted Living Residence** on the **2nd and 4th Thursdays of the month usually, from 11:00 to 12:30 p.m.** The group leader is **Carola Domar**, LICSW. Please call her with any questions at **(978) 318-3020**.

Alzheimer's Services

Alzheimer's Association Helpline:

1-800-548-2111.

Monthly evening support group:

Wednesdays, April 21st, 6:00-8:00 p.m. at the Acton Senior Center. **For information, call Jean Fleming at (978) 264-9643.**

Early stage Patient and Partner Support Group: **First Tuesday of each month, 3:00 – 4:30 p.m.** Cooperative Elder Services Adult Day Center, **7 Chamberlin Drive**, Concord. Call **Arlene Parillo at (781) 863-1166.**

Monthly morning support group:

3rd Tuesday of the month at 10:30. Concord Park Assisted Living Residence in West Concord on the **3rd Tuesday of the month at 10:30.** Call **Pat Oliphant (978) 318-0046.**

Cooperative Elder Services, Inc., runs an **Adult Day Health and Alzheimer's Care Program** at their center in Concord. Please call **Pat Oliphant at (978) 318-0046.**

Minuteman Senior Services provides, free of charge, an **in-home consultation.** Please call **978-263-8720** for more information.

Learning to Speak Alzheimer's

Joanne Koenig Coste is a nationally acclaimed author and specialist in Alzheimer's care who will be speaking at the **National Heritage Museum in Lexington** on **Thursday, April 1st, at 3:00.** Her newly released book will be available for signing and sale. The techniques of her compassionate and common-sense approach to Alzheimer's care, known as habilitation, are most helpful to anyone caring for, or caring about a person with Alzheimer's disease. Please come to this free event.

Join us on **Monday, April 12th, at 12:30** to enjoy the a capella singing of **Amy Robbins** as she performs Irish Folksongs at the Center.

COUNCIL ON AGING Trip Policies

1. Please call the COA office at 978-264-9643 to make trip reservations before sending in your check. Some trips fill up very quickly.
2. **Payment is required two weeks prior to the trip, unless otherwise noted.** If payment is not received in time, your name will be removed from the sign-up and a wait-listed person will be contacted. **We will return your check if you cannot go and if your place can be filled.**
3. **Checks** should be made out to: The **FRIENDS of the Acton COA.** You may deliver your check to the office or mail to: COA, Town Hall, 472 Main Street, Acton
4. **Please park** towards the **back** of the lower parking lot, away from the function hall **behind St. Elizabeth of Hungary Church, 89 Arlington Street.**
5. Please call Jean Fleming at 978-264-9643 for trip assistance from the FRIENDS.
6. **Always bring a copy of your FILE OF LIFE card with you on trips.** If you do not have it you may be denied a seat on the trip.
7. When signing up for a trip it is expected that each traveler will participate in every aspect of a trip. Staying on the bus is not an option.

Please call the COA office on Monday, March 29th to sign up for trips.

Hancock Shaker Village and The Red Lion Inn Tuesday, May 25th

Come along to the early 1800's when the Shaker Sect lived a now extinct lifestyle in Pittsfield, Massachusetts. We'll enjoy lunch at the **Red Lion Inn in Stockbridge** and then travel on for a guided walking tour of the buildings and grounds of **Hancock Shaker Village.** A gift shop and café will be available for browsing before we board the bus home. Luncheon choices at the Red Lion Inn include Chicken Pot Pie and Shaker Style Beef with soup, bread, dessert, coffee and tea included. Please note there is uneven walking around the grounds and stairs into buildings.

COST: \$47.00

Depart: St. Elizabeths Church, Lower Back Parking Lot at 9:15 a.m., approx. return 5:30

The TALL SHIPS at Quonset Point, RI Tuesday, July 20th

Join us for a wonderful day of touring and dining! We will travel to the Quidnessett Country Club in North Kingstown, Rhode Island, for a delicious lunch with a view of Narragansett Bay, and then on to view the Tall Ships, by tour boat, at Quonset Point. Luncheon choices at the Country Club are Chicken Francaise or Baked Scrod with a vegetarian option available. This trip is rain or shine, but let's hope for the shine!

COST: \$53.00

Depart: St. Elizabeths Church Lower Back Parking Lot at 9:30 a.m. (approx. return 5:00)
Full payment due by June 1st.

2003/2004 Boston Symphony Orchestra Open Rehearsal Season

The last BSO Open Rehearsal will be held on **Thursday, April 1st.**

COST: \$25.00

Depart: St. Elizabeths Church, Lower Back Parking Lot at 8:00 a.m.

The Acton Senior Travel Group

Travel to the **Brandywine Museum, Longwood Gardens and the Henry DuPont Mansion "Winterthur".** The trip will leave Acton at **8:00 a.m. on April 26th** and return **about 10:00 p.m. on April 29th.** Further information is available in the COA office or by calling **Florence at (978) 263-0944 or Angie at (978) 263-4225.** A \$50 deposit is due immediately.

"Lost in Yonkers"

Sunday, May 2nd, at 1:00 p.m.

You are cordially invited to enjoy this free dress rehearsal at Theatre III located on Central Street in Acton.

"1776" by the Concord Players

Join in the free dress performance of this upcoming production on **Thursday, April 22nd at 8:00 p.m.** The theater is located at 51 Walden Street in Concord.

**Household Hazardous Waste
Collection Day
Saturday, May 1st, 2004**

The Acton Board of Health is pleased to announce that they will hold their spring Household Hazardous Waste Collection day on Saturday, May 1st, 2004. The collection will be held at the DPW Garage, 14 Forest Road, from 9:00 – 11:30 a.m. A list of acceptable items may be obtained from the Health Dept. Office, Transfer Station and Acton Memorial Library. Please note that this collection is for Acton residents only and proof of residency is required. Televisions and CRT's will be accepted with a charge of \$25 per unit. Contact the Acton Health Dept. at (978) 264-9634 with any questions.

NEED HELP WITH YOUR COMPUTER???

Is your computer acting up? Do you need advice on how to install, fix or configure something on your machine? Do you need help sending an attachment or inserting a graphic? High school students will be available to offer advice on the phone every

Thursday afternoon 3:00-4:15.

To speak with the tech desk, please call the COA at **(978) 264-9643** and ask to speak to the computer tech assistant. If you cannot call during those hours you may call anytime, leave your number and a tech assistant will get back to you the next Thursday they are available. You may also email your question to coasolutionsdesk@hotmail.com. Your reply will be sent via email or by phone so be sure to include your phone number.

**ACTON COUNCIL ON AGING
Town Hall, 472 Main Street
Acton MA 01720
Return Service Requested**

**RSRT STD
U.S. Postage Paid
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Permit #67**